

## Purpose & SOL

- Students will learn a movement for each letter of the alphabet to review what the letter looks like.
- Language Arts K.7a

## Materials

- Adequate space for each student to extend their arms
- Pictures of the letter(s) being reviewed

**Length**  
**10 min.**

## Introduction

- To begin, the teacher will lead students through a series of movements to prepare their bodies such as, 20 arm circles, 20 hops in place, 10 toe touches.

## Implementation

## Exercise the Answer

- 1) The teacher will introduce the new letter to students, what it looks like, and what sound it makes.
- 2) The teacher will go through step-by-step explanation of how to make the letter with their bodies. (For the letter "A" your arms are together, straight and strong, above your head and your feet are apart).
- 3) When describing the letter, review whether lines are straight or curved and practice with straight and curved arms. If the letter is tall reach to the ceiling, if the letter is small squat to the floor and if the letter has a hook kick one foot back.
- 4) The teacher will then have the students make the movement with their body.
- 5) As new letters are introduced, the teacher will review those letters and practice making their new letter.
- 6) The teacher can create a whole aerobics routine with the class and by the completion of learning all the letters by calling out a variety of letters.

## Cool Down

Deep breathing and 3 gentle head rolls.

## Modifications

Practice the shapes with letter sounds and use your body to spell words!

